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'Time to become allies'



Men console each other as new reports come over the TV about the shooting at the Pulse nightclub in Orlando, Fla. on Sunday. A sombre President Barack Obama expressed grief and outrage at the "horrific massacre" of 50 late-night revellers at the club, branding it as an act of terror and hate. MANDEL NGAN/AFP/GETTY IMAGES

ORLANDO SHOOTING

**Tragedy is
reminder that
work is needed
on inclusion**



**Tim
Querengesser**
Metro | Edmonton

As hundreds gathered Sunday for the 11th annual Mayor's Pride Brunch and celebration of Camp Fyrefly, all were keenly aware of the terrible events in Orlando.

Several speakers touched briefly on the shooting but tried to concentrate on the celebration of LGBTQ youth rather than the bloodshed.

Yet away from the microphones, leaders within the LGBTQ community said the mass shooting at a gay nightclub in Orlando is a "wake-up call," and one that should convince those who haven't become allies to reconsider.

Edmonton Centre MP Randy Boissonneault, who's openly gay, was recently the first person ever to raise the Pride flag on Parliament Hill.

He said a tragedy like Orlando "reminds us all that we have work to do" on inclusion.

Boissonneault noted he will this week be speaking on Bill C-16, a bill that seeks to change Canada's human rights laws to add gender identity and expression to the list of prohibited grounds for discrimination.

"We have to keep moving forward," he said.

Mayor Don Iveson said he hoped Edmonton residents discussed the events around the dinner table and realized they were not random, but instead targeted and discriminatory.

"This event doesn't represent the values of this community, of Canada, and frankly, of the United States," Iveson said.

Murray Billett, a long-time champion for the LGBTQ community in the city, including working with the Edmonton Police, said it was a difficult time but an important one for people to reflect on.

"I think one of the important things that people can do is just understand that this is an issue worldwide," Billett said.

Kris Wells, who has been instrumental in the recent success of the Pride Tape hockey tape campaign, said the event is a wake-up call.

"Now's the time for people, if they're not already, to become allies of the LGBTQ community, to say no to hate once and for all."

To show solidarity, Edmonton changed the light display on the High Level Bridge to rainbow colours, held a vigil in Churchill Square and is flying the Pride flag Monday at half-staff at City Hall.

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POLITICS

Thirteen Liberals flagged



Ryan Tumilty
Metro | Edmonton

Elections Alberta's list of disqualified candidates and chief electoral officers, which Metro first reported on last week, included more Liberals than any other party.

Presented with the findings, Alberta Liberal leader David Swann said it's clear the party has to work harder to find the right people to run for office. "It's very disappointing obviously," he said. "We have to do a better job."

In total, 13 Liberals — who were either candidates or chief electoral officers for ridings — were disqualified for failing to file financial documents.

Swann said the party tries to help candidates with the requirements, but the responsibility falls on them.

"We have a process in place to introduce candidates to the process. We have a support team that coaches them through the campaign," he said.

Swann said the party had trouble getting people to run in the most recent election.

"Calling the election a year in advance didn't help us at all. We were scrambling and I think everyone knows we were only able to fill 57 out of 87 ridings," he said.

"Some of these folks just stepped up in the last weeks before the election, so we didn't always have a lot of time to work with them."

Graduation from school a Bazira family tradition

EDUCATION

Sixth sibling in 23 years gets Campus Saint-Jean degree



Alex Boyd
Metro | Edmonton

Dany Bazira walked across the stage Thursday to collect her bachelor of science degree, meaning that for the first time in 23 years, a member of the

Bazira family is not enrolled at Campus Saint-Jean.

While earning degrees in education, political science and economics over the past 23 years, the six Bazira siblings have become fixtures on the small campus, at times working, volunteering and studying.

Two of Dany's brothers helped start the campus' World University Service of Canada club, which focused on development, and every sibling served on the club's executive at some point.

Back in 1993, Dany's oldest sibling, Floriane, arrived as an



Our name is pretty known, not to brag. There's just a lot of us.

Dany Bazira

international student from Burundi. Ever since, all six children in the family, since immigrated to the country, have studied at the University of Alberta's French campus.

It's a story of a welcoming place building a legacy.

Floriane initially chose CSJ because it was an opportunity to study in French, and they had family relatively nearby in Calgary. But it was the commun-

ity that made her stay — and convince her siblings to join.

"It is such a welcoming community," Dany said.

When it was Dany's turn to start classes, she says she was known at first as the family's littlest sibling.

"That image stuck for a while but thankfully they left a good reputation behind, so it wasn't a hard name to wear," she said.

"Our name is pretty known,

not to brag," she said, laughing. "There's just a lot of us!"

Students at CSJ are encouraged to embrace values like pride in the French language and volunteerism, she said, but are in turn embraced by a tight-knit community.

"You don't get a hug if you don't open your arms," Dany said.

Dany said that all of her siblings have now settled in Edmonton, and remain involved in CSJ events. She plans to follow in their footsteps in that as well, at least until she applies for medical school in a year or two.



Dany Bazira, front, with her five siblings, are all graduates of Campus Saint-Jean. From right to left: Dany Bazira, Doriane Bazira, Valéry Bazira, Floriane Bazira, Landry Muhire, Martine Bazira. SUPPLIED/UNIVERSITY OF ALBERTA



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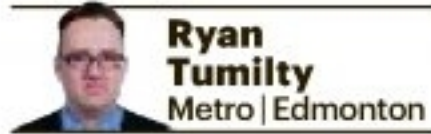
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Time region pulled together: Report

ECONOMIC DEVELOPMENT

Expert panel tells mayors it's a necessity for the future



Ryan Tumilty
Metro | Edmonton

The capital region needs to work together or risk being left behind.

That was the blunt assessment delivered to nine regional mayors by an expert panel they commissioned last year to study the Edmonton area's competitiveness, in a report they released Friday.

"The point is that you are

coping now," said panel chair Don Lowry. "You are not maximizing the full potential."

He said region is doing well, but not nearly as well as it could be.

The nine communities involved were Edmonton, St. Albert, Strathcona County, Parkland County, Sturgeon County, Fort Saskatchewan, Spruce Grove, Leduc County and Leduc.

The report — entitled *Be Ready, or Be Left Behind* — recommends the area work together on economic development, land-use planning and inter-municipal transit quickly if the city wants to be competitive globally.

Moving people around on shared inter-municipal transit would help everyone be

more efficient and save costs, it argues.

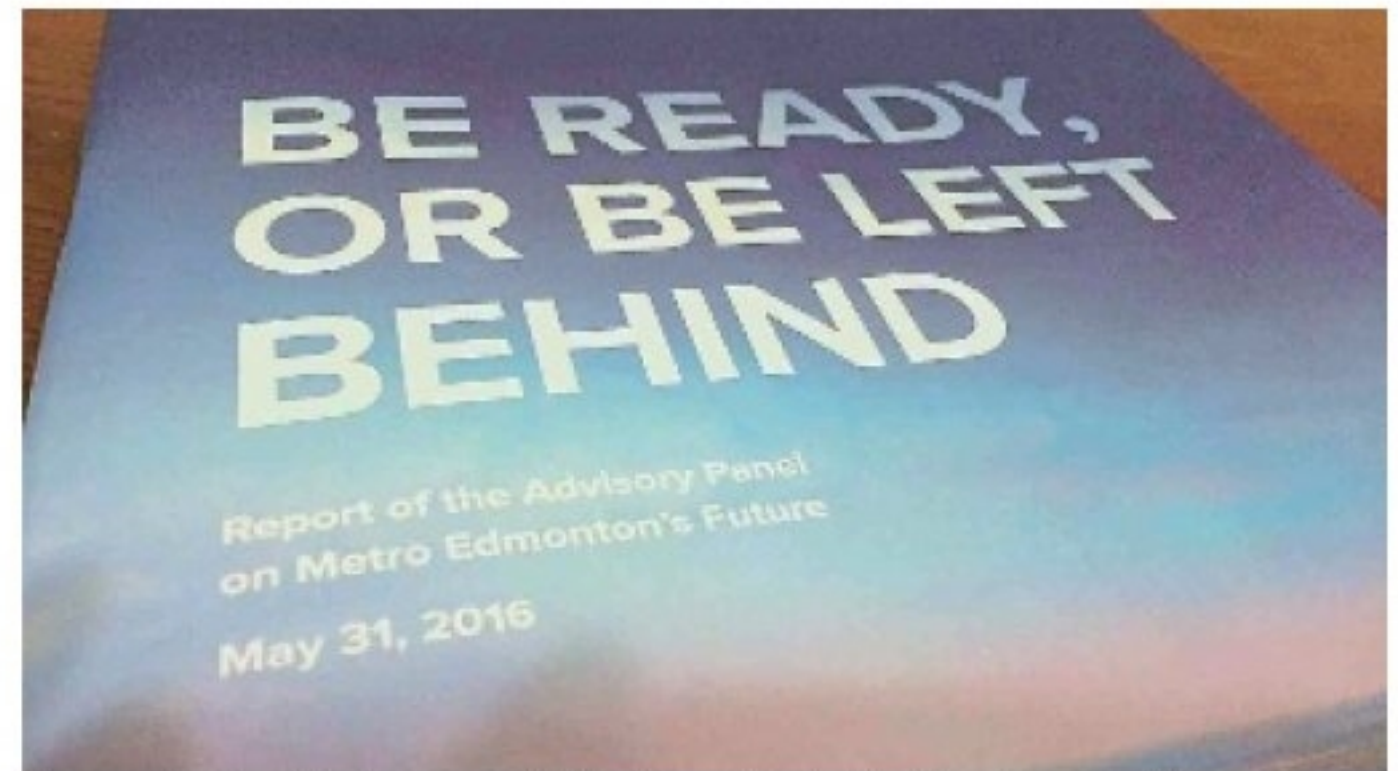
Working together on land use and development would be better than costly sprawl.

"If we stay business as usual in 50 years we will double the amount of farm land lost, we will double the footprint of the region and it will cost us double the money," said panelist Dr. Stan Blade, dean of the University of Alberta's Faculty of Agricultural, life and Environmental Sciences.

The panel proposed a memorandum of understanding in a few months and a full agreement on the issues by next spring.

"Nobody is waiting for this region. Nobody is saying take a timeout to catch up," he said.

Mayor Don Iveson said he



The report made a blunt assessment of what the region had to do to stay competitive.

RYAN TUMILTY / METRO EDMONTON

would have to run the report past council, but overall it seemed to be saying much of what Edmonton has argued is necessary in the region.

He believes the nine mayors can work together to hammer out the details quickly.

"The panel has done quite

a bit of work to outline the principles and I think we have high level agreement," he said. "The impediment for the last 50 years has been will and there is will now."

Leduc mayor Greg Krischke said unlike previous attempts to make the region work together,

it was the mayors themselves who started this and he believes that will make it successful.

"This is from the ground up now, nine municipalities making up a very significant part of the Edmonton region saying we want to have something happen."

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ANIMAL RIGHTS

Circus elephants held at border



Alex Boyd
Metro | Edmonton

The circus has come to town — but without two of their stars. Elephants Marie and Shelley were stopped at the border.

This is the first time the Royal Canadian Circus SPECTAC! has come to Edmonton, and the international act, featuring horse riding, aerialists and daredevils under a giant tent assembled at Northlands, is on all weekend.

But spokesperson Cathy Sproule said that despite having all of their permits, they were prevented from leaving the United States with their elephants.



It has been a sensitive issue of late because of Barnum and Bailey.

Cathy Sproule

She said it's likely related to the actions of animal rights activists — whose concerns she said are unfounded in the case of their circus.

"It has been a sensitive issue of late because of Barnum and Bailey," she said, the famed circus who announced last year they'd be retiring their elephant acts by 2018.

But she said 47-year old Marie and Shelley have been working



The famed Flying Pages Trapeze performs at the new Royal Canadian Circus SPECTAC! SUPPLIED

with the circus for over 40 years, and are "like family members."

They remain committed to travelling with them in the future, and showing that elephant acts can be done humanely, she said.

The show will also go on in Edmonton, starting Friday night.

"We have a 2,200-seat big top that has acts from all over the world, the come from Cuba, Romania, Peru, Argentina, Switzerland and Brazil. It's a real family show of highly trained performers from all over the world."

"It's going to be a fabulous show."

CRIME

Child-porn suspect arrested in Australia

A man who was arrested in Edmonton on child-pornography charges is now in custody in Australia.

The Alberta Law Enforcement Response Teams (ALERT) has confirmed that Aaron Voon, 41, was arrested Thursday at Perth Airport by Australia's Joint Anti Child Exploitation Team (JACET) and charged with possession of child-exploitation material.

Edmonton police arrested Voon on May 22 after receiving a call indicating a man had used a cellphone to record a boy urinating in the washroom at Scotiabank Theatre at West Edmonton Mall.

Voon was charged with making child pornography, possession of child pornography and voyeurism following a joint

investigation by ALERT Internet Child Exploitation and the Edmonton Police Service.

He appeared in Edmonton court on June 2 and was released on \$75,000 bail.

Using information from Alberta law enforcement, JACET executed search warrants at Voon's home and business in Australia, where "a number of images classified as child-exploitation material" were found.

A video that circulated on Facebook purports to show Voon being confronted by the victim's parents at the Edmonton theatre, after the boy's father allegedly caught Voon videotaping his son at the urinal.

Voon appeared in Perth court Friday. METRO

New park brings life to core

COMMUNITY

Dream come true for people in downtown



The city broke ground Friday on a new park where until recently there was a surface parking lot, at the corner of 102 Avenue and 105 Street.

The park, named after Alex Decoteau, has been a dream of downtown residents for years.

We talked to Downtown Edmonton Community League president Chris Buyze about what it means.

You've been waiting for this for a long time. How does it feel to be here?

It's huge. It's so exciting for us

to be here today. Community members and residents in the area have been hoping and wishing for this park for a very long time. We knew this day was coming when council supported this park financially in the capital budget of 2010 and it's just been working up to this moment.

What does it mean to have a park downtown for the neighbourhood?

It's absolutely critical to the future of Edmonton's downtown in terms of supporting residents who want to live here, short term or long term, having families here.

The future of downtown is residential and having people living here is what will make it sustainable in the long term, so having a park like this is really important.

What had to be here when it



From Left: Chris Buyze, president of the Downtown Edmonton Community League, Lt.-Col. Kevin Weidlich, Mayor Don Iveson, Decoteau descendant Izola Mottershead, Deputy Chief Tony Harder and Coun. Scott McKeen.

RYAN TUMILTY / METRO EDMONTON

comes to design?

Early on, we surveyed the community members and area residents and businesses in the area, and asked them what were the features they wanted to see. The main thing was having a green space, that was No. 1, but people also were very

interested in having a place for their dogs to meet, having a community garden, having a water feature and just lots of greenery.

What's next to make downtown more of a neighbourhood?

We need to continue to focus on the public realm. We need to continue to encourage street retail and café culture and also the future of downtown is mass transit, so the Valley LRT line is going to be the most transformational projects our downtown has ever seen.

HERITAGE

Decoteau exemplar of courage

Alex Decoteau, honoured with a park on Friday, was Canada's first indigenous police officer when he joined the Edmonton Police in 1909.

An accomplished distance runner, Decoteau went to Stockholm and the 1912 Olympics to compete in the 5,000-metre race. In 1916 he joined the Canadian Forces and was dispatched to serve in the First World War.

He was killed by a sniper at the Battle of Passchendaele in 1917 and buried in Belgium.

He was inducted into the city's Sports Hall of Fame in 1967.

Izola Mottershead, one of many of Decoteau's relatives on hand for the park groundbreaking ceremony said having yet another accolade for him was an honour for his family.

"We're adding another page to the history of Alex Decoteau," she said. RYAN TUMILTY/METROW



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ANNUAL LOCKER ROOM SALE DREAMS INCLUDED A young Oilers fan inspects trophies outside the Oilers locker room during the annual locker room sale at Rexall Place on Sunday. Though the event happens every year, this will be the last at Rexall Place, as the team is set to move to the downtown Rogers Place arena this fall. TIM QUERENGESSER/METRO

STORYTELLING

Let your inner kid perform



An event where everyday adults read diary entries, essays and book reports they wrote as children to an audience of other adults sold out in less than two hours.

Grownups Read Things They Wrote as Kids is part of a series that's been thrilling audiences in Toronto for about a decade. July 6 will be the second time it's come to Edmonton.

Co-founder Dan Misener said he's seen an uptick in popularity for the live events, which he chalks up to the "warts and all" nature of airing your elementary school musings.

"When I look through Instagram or Facebook, I see a lot of heavily curated stories about peoples' lives. You see the best

"The character of it is really super warm and supportive."

Dan Misener

of the best," he said.

"It seems to leave us wanting something a little more authentic."

The format is simple. Anyone can sign up online to read whatever they want, so Misener said they're never quite sure what they're going to get.

"It's people getting up on stage and sharing weird little kid writing and angsty teenage writing and all kinds of stuff in between."

If this sounds pretty cringeworthy, Misener swears the magic is in the audience.

"The character of it is really super warm and supportive,"

he said.

"We see people come to the show as an audience member and say, I could never get up and do this."

"And then they see what the room is like, and they see what the show is like, and they get that it's warm and supportive."

Before long, they're up there reading, he said.

It's not all laugh-out-loud funny, either.

"The word 'catharsis' comes up a lot," he said. "We've had people get up on our stage and read stuff that's really difficult to talk about: abusive parents, or self harm or eating disorders."

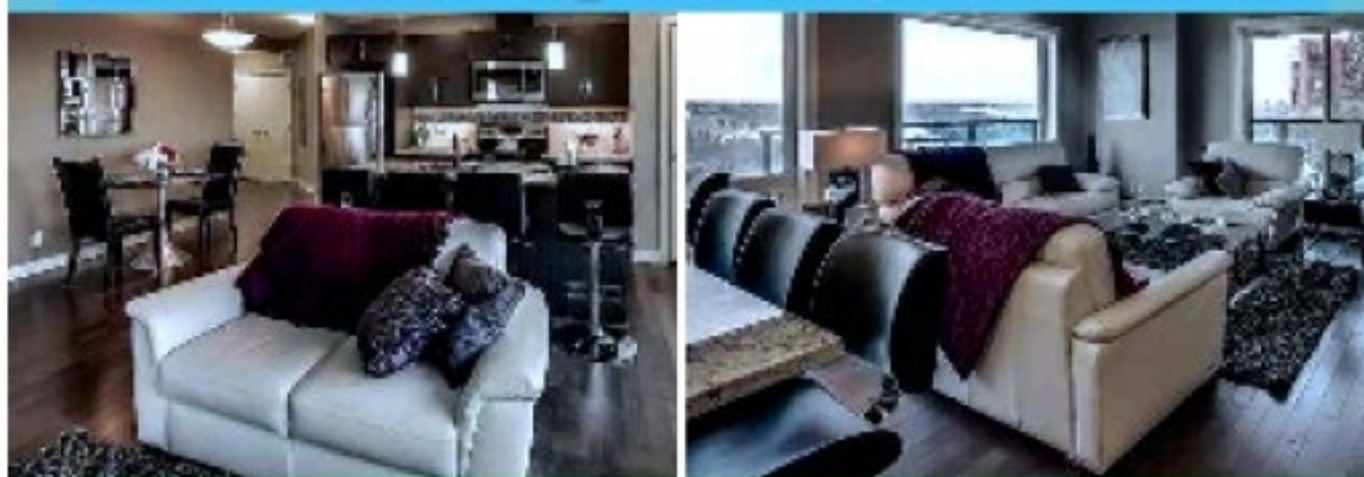
"Sometimes I think just getting up and making that public, saying this is who I was, and part of who I still am, can be a way of working through your own life story."

The event is happening at the Mercury Room on July 6.

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Edmonton Public School Board chair Michael Janz says his board is getting 'no value' from its Alberta School Boards Association membership. METRO FILE

'Untether us,' asks public board chair

SCHOOLS

Frustration at association hits a boiling point



Kevin Maimann
Metro | Edmonton

The Edmonton Public School Board chair's frustration with a trustee-funded organization that has garnered unflattering headlines over the past year is now at a boil after its most recent conference.

Last week, Michael Janz requested his board's Alberta School Boards Association (ASBA) membership fee be cut in half during the ASBA's spring general meeting but was voted down.

He also requested to have the association's board meetings recorded and provided to member boards. That too was voted down.

The organization did approve giving its board members a 1 per cent raise, however, which Edmonton Public opposed.



We've offered them an opportunity to correct this historic wrong, but yet they keep rejecting it. Michael Janz

Janz says the ASBA — which was heavily criticized last year for its spending, including what emerged to be a \$900 Easter egg hunt and travel to conferences in Hawaii — provides "no value" to his board in exchange for its annual \$200,000 membership fee, and he wants the option to leave.

"Untether us, or become more transparent or accountable. Or ideally, both," Janz said.

While membership is optional under the ASBA Act, Janz said his board — which has 205 schools, 93,000 students and makes up about 13 per cent of the ASBA total student count on its own — is "held captive" by a requirement to enrol its employees in health coverage through the Alberta School Employee Benefit Plan (ASEBP).

"It's like you moved into a house, and the previous owner had subscribed to a magazine

that you're not interested in and you no longer need, but yet for some reason, you can't cancel the magazine subscription because it's tied to your electrical bill," he said.

"It just makes no sense. And we've offered them an opportunity to correct this historic wrong, but yet they keep rejecting it."

With several other school boards wanting the option to leave the ASBA, Janz said it's time the education minister steps in.

"Provincially, this is an organization that is spending millions of direct or indirect educational tax dollars given to school boards," Janz said.

ASBA vice-president Mary Martin said in an email that the association offers "a suite of services and programs to member boards," though she confirmed membership is required in order to access the ASEBP.

ROAD MAINTENANCE

Pittance of potholes leads to a smoother commute in city



Ryan Tumilty
Metro | Edmonton

Even if constructions stands in your way, your commute is smoother this year.

An early thaw from a mild winter has caused other problems — but it has meant fewer

potholes on city streets.

"We have filled 170,000 potholes. Comparing that to last year's number in the same time frame, that was 227,000," said city spokesperson Maya Filipovic.

The number is also much lower than in 2013, when the city filled 382,000 potholes in the same time frame and about on par with 2014 when the city

filled 176,000.

Filipovic said city crews still have plenty of other work to do and are shifting their efforts to other road-improvement projects while the pothole count is low.

"Along with pothole work, we are also doing asphalt work on arterials collectors and neighbourhood roads," she said.



Signs displaying arrival times along Edmonton's LRT network have not been working since April.
KURT BAUSCHARDT/Flickr

Edmonton is left waiting for a sign

TRANSIT

City's light rail alerts out of commission — once again



Ryan Tumilty
Metro | Edmonton

Wondering when the next LRT is coming? Well, the city isn't quite sure when the signs to tell you that will be back in order.

Edmonton took the signs offline in April, in order to address ongoing issues but as of Friday was not yet sure when they would inform riders of

train arrivals again.

"Work continues behind the scenes; it is pretty complicated and it takes some time, but we hope to have them up as soon as possible," said transit spokeswoman Jennifer Laraway.

She said repair crews want to ensure the signs are displaying accurate information.

"They are looking to test to make sure they are improving the accuracy of when trains are actually showing up so that when it says one minute it

actually means one minute," she said.

Laraway said they plan to test some of the software updates to the system in the weeks ahead.

"It depends on how these software updates are going and what these tests are showing," she said.

The upgrades will also make it easier for the city to use the system to make emergency announcements.

In June 2015, the city made the signs blank for a period as it battled with similar problems.

They are looking to test to make sure ... when it says one minute, it actually means one minute.

Jennifer Laraway

Premier remains defiant

The premier gave a defiant speech to delegates at the NDP convention in Calgary Saturday saying her government will continue to reject the "politics of austerity."

It's the first time the NDP has met since Premier Rachel Notley rolled to victory in Alberta just over a year ago.

"This is the elected team that is bringing progressive change to Alberta," said Notley.

"This is a government that is kickin' it, and taking names."

The Co-operative Commonwealth Federation, the precursor to the NDP, was founded in the southern Alberta city.

"Let's remember, to begin,



Rachel Notley
THE CANADIAN PRESS

that the Co-operative Commonwealth Federation was founded right here in Calgary on August 1st, 1932," she said.

It has been a tumultuous first year for the New Democrats, who have had to deal with plummeting oil prices that, along with the cost of delivering election promises, have left the government with an expected \$10.1-billion deficit.

Notley outlined her government's achievements over the past year in a 40-minute speech and promised not to abandon Albertans in need.

"The new government of Alberta — this NDP government — hasn't responded to a price shock by making things worse," Notley said.

THE CANADIAN PRESS

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'Nobody stood a chance': Witness

MASSACRE

Gunman dead after killing at least 50 at gay nightclub

It had been an evening of drinking, dancing and drag shows. After hours of revelry, the partygoers crowding the gay nightclub known as the Pulse took their last sips before the place closed.

That's when authorities say Omar Mateen emerged, carrying an AR-15 and spraying the helpless crowd with bullets. Witnesses said he fired relentlessly — 20 rounds, 40, then 50 and more. In such tight quarters, the bullets could hardly miss. He shot at police. He took hostages.

When the gunfire finally stopped, 50 people were dead and dozens critically wounded in the deadliest mass shooting in modern U.S. history. Mateen, who authorities said had pledged allegiance to Daesh in a 911 call shortly before the attack, died

in a battle with SWAT team members.

Authorities immediately began investigating whether the assault was an act of terrorism and probing the background of Mateen, a 29-year-old American citizen from Fort Pierce, Fla., who had worked as a security guard.

At least 53 people were hospitalized, most in critical condition, officials said. A surgeon at Orlando Regional Medical Center said the death toll was likely to climb.

"There's blood everywhere," Orlando Mayor Buddy Dyer said. The gunman's father recalled that his son recently got angry when he saw two men kissing in Miami and said that might be related to the assault.

Mateen's ex-wife said his family was from Afghanistan but that her ex-husband was born in New York. His family later moved to Florida.

The Orlando suspect exchanged gunfire with 14 police officers at the club, which had more than 300 people inside. The

gunfire started around 2 a.m.

"He had an automatic rifle, so nobody stood a chance," said Jackie Smith, who had two friends next to her get shot. "I just tried to get out of there."

At one point, the gunman took hostages. Around 5 a.m., authorities sent in a SWAT team to rescue them, Police Chief John Mina said.

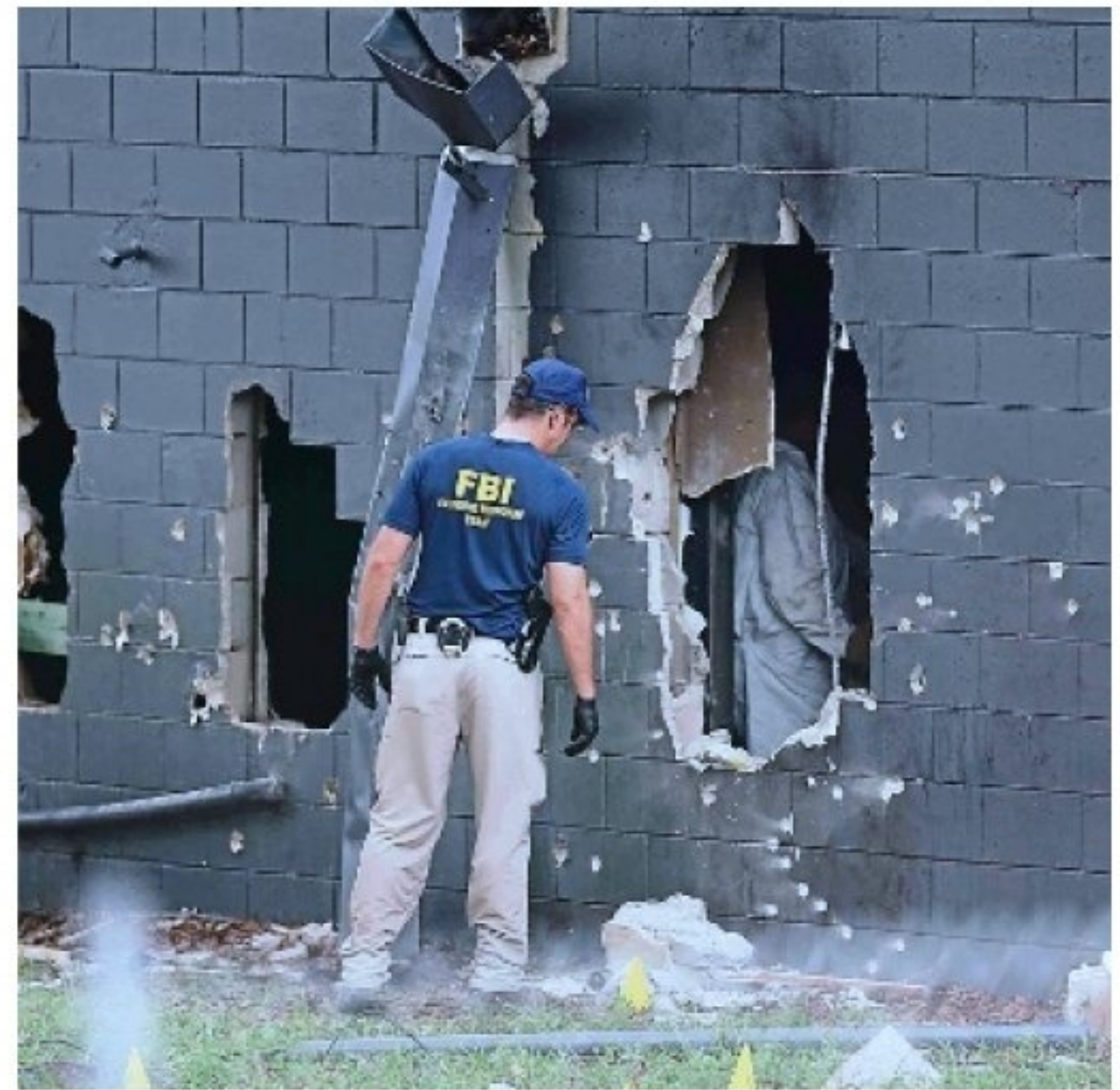
In addition to the assault rifle, the shooter also had some sort of "suspicious device," the police chief said.

In the aftermath of the attack, police departments across the country stepped up patrols in neighbourhoods frequented by the LGBT community.

THE ASSOCIATED PRESS

+ BACKGROUND

The previous deadliest mass shooting in the U.S. was the 2007 attack at Virginia Tech, where a student killed 32 people before killing himself.



FBI agents investigate the damaged rear wall of the Pulse Nightclub in Orlando, Fla., where a mass shooting killed at least 50 people and injured 53 others in what is the deadliest mass shooting in the country's history. JOE RAEDLE/GETTY IMAGES

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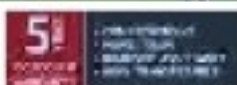
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Leaders condemn attack, urge unity

RESOLVE

Obama calls it an 'act of terror and an act of hate'

U.S. President Barack Obama decried the deadliest mass shooting in American history on Sunday as a terrorist act targeting a place of "solidarity and empowerment" for gays and lesbians. He urged Americans to decide "if that's the kind of country we want to be."

Hours after a gunman killed at least 50 people in Orlando, Obama said the FBI would investigate the nightclub shooting as terrorism but said the shooter's motivations were unclear. He said the U.S. "must spare no effort" to determine whether the suspect had any ties to extremist groups.

"What is clear is he was a person filled with hatred," Obama said. He added: "We know enough to say that this



U.S. President Barack Obama addresses the mass shooting Sunday. ALEX WONG/GETTY IMAGES

was an act of terror and an act of hate. And as Americans, we are united in grief, in outrage and in resolve to defend our people."

Obama had planned to travel to Wisconsin on Wednesday for his first campaign appearance of the 2016 race, a joint rally with Hillary Clinton in Green Bay, Wisconsin. But Clinton's campaign and the White House said that event was being postponed in light of the attack.

THE ASSOCIATED PRESS

+ PM REACTS

Canadian officials express their grief and sympathy

The attack came during Pride month, both in the U.S. and Canada. Candlelight vigils to mourn the victims were planned in several Canadian cities Sunday night, including Toronto and Vancouver.

Prime Minister Justin Trudeau offered Canada's condolences to the victims, calling the massacre a "domestic terror attack."

Ontario Premier Kathleen Wynne, who is openly gay, wrote on Twitter that her thoughts are with the LGBT community, while B.C. Premier Christy Clark tweeted that she is "incredibly saddened by the evil brutality" of the Florida shooting.

THE CANADIAN PRESS



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'Mentally unstable, mentally ill'

PROFILE

FBI, former wife describe shooter who idolized Daesh

He was a body builder and a security guard, a religious man who attended the local mosque and who at one point expressed interest in becoming a police officer, though he never pursued it.

Early Sunday, 29-year-old Omar Mateen gunned down dozens at a gay nightclub in Orlando, police said.

A law-enforcement official says Mateen was known to the FBI before the incident and had been looked at by agents within the last few years.

The official said the matter for which Mateen came under investigation was "open and closed pretty quickly."

Mateen was the son of an Afghan immigrant who had a talk show in the U.S., the nature of which was not entirely clear: A former Afghan official said the program was pro-Taliban and a former colleague said it was enthusiastically pro-American.



A bomb disposal unit checks for explosives around the apartment building in Fort Pierce, Fla., where Orlando nightclub shooter Omar Mateen is believed to have lived. JOE RAEDLE/GETTY IMAGES

Mateen attended evening prayer services at the city's Islamic Center three to four times a week, most recently with his young son, said Imam Syed Shafeeq Rahman. Although he was not very social, he also showed no signs of violence,

“He would just come home and start beating me up because the laundry wasn't finished or something like that.”

Omar Mateen's ex-wife

Rahman said.

"When he finished prayer he would just leave," Rahman said.

He was also bipolar, Mateen's ex-wife, Sitora Yusufiy, told reporters in Boulder, Colo.

"He was mentally unstable and mentally ill," Yusufiy said.

She said he would not let her speak to her family and that family members had to come and literally pull her out of his arms.

Yusufiy said she was "devastated, shocked, started shaking and crying" when she heard about the shooting, but she attributed the violence to his mental illness, not any alliance with terrorist groups.

She said he wanted to be a police officer and had applied to the police academy. Mateen was a security guard at G4S.

Authorities immediately began investigating whether the assault was an act of terrorism. A law enforcement official said the gunman made a 911 call from the nightclub professing allegiance to the leader of Daesh.

In 2014, FBI agent Ronald Hopper said, officials found that Mateen had ties to an American suicide bomber. He described the contact as minimal, saying it did not constitute a threat at the time.

Mateen purchased at least two firearms legally within the last week or so, according to Trevor Velinor of the Bureau of Alcohol, Tobacco and Firearms

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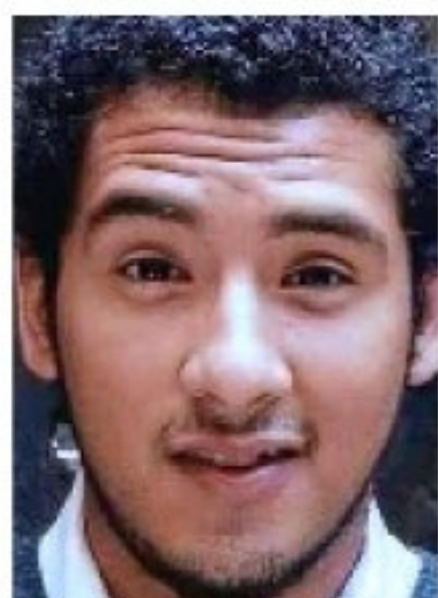
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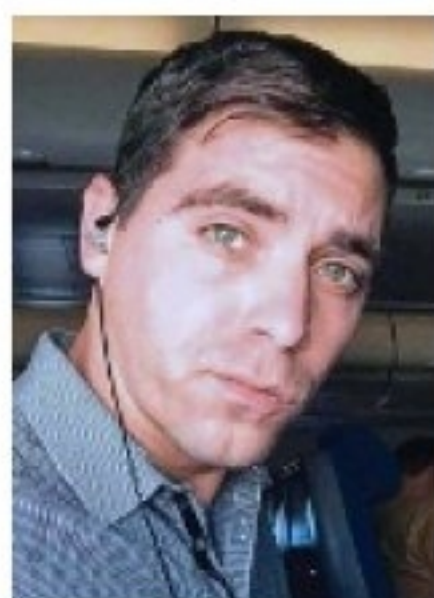


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Names of victims emerging Man detained with guns, explosives



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CALIFORNIA

Suspect told police he was headed for gay pride event

An Indiana man armed with three assault rifles and chemicals used to make explosives was arrested in Southern California on Sunday and told police he was headed to a gay pride parade — an event that annually draws hundreds of thousands of people, authorities said.

The early morning arrest in Santa Monica of James Wesley Howell, 20, came just a few hours after the shootings in Orlando, though authorities said they had found no evidence of a connection between the suspects.

Residents called police to report suspicious behaviour from Howell, who was parked facing the wrong way in a white sedan, police said.

When officers arrived they



Items removed from a car are displayed on a sidewalk after a heavily armed man was arrested in Santa Monica, Calif., on Sunday.

REED SAXON/THE ASSOCIATED PRESS

saw an assault rifle sitting in Howell's passenger seat, Santa Monica police Lt. Saul Rodriguez said.

That prompted them to search the whole car. They found two more assault rifles, high-capacity magazines and ammunition and a five-gallon bucket with chemicals that could be used to make an explosive device, police said.

Santa Monica police Chief Jacqueline Seabrooks had

initially tweeted that Howell told officers he wanted to do harm at the gay pride event, but she later said that tweet was inaccurate, and that Howell only said he was going to the event.

The huge parade and festival known as LA Pride took place later in the day about seven miles away in West Hollywood.

Authorities would answer no further questions on Howell or his motives. THE ASSOCIATED PRESS

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Ideology often only a 'mask,' expert says

PSYCHOLOGY

Stated motives can simply be a final excuse for mass murder

Raging homophobia? Islamic radicalism?

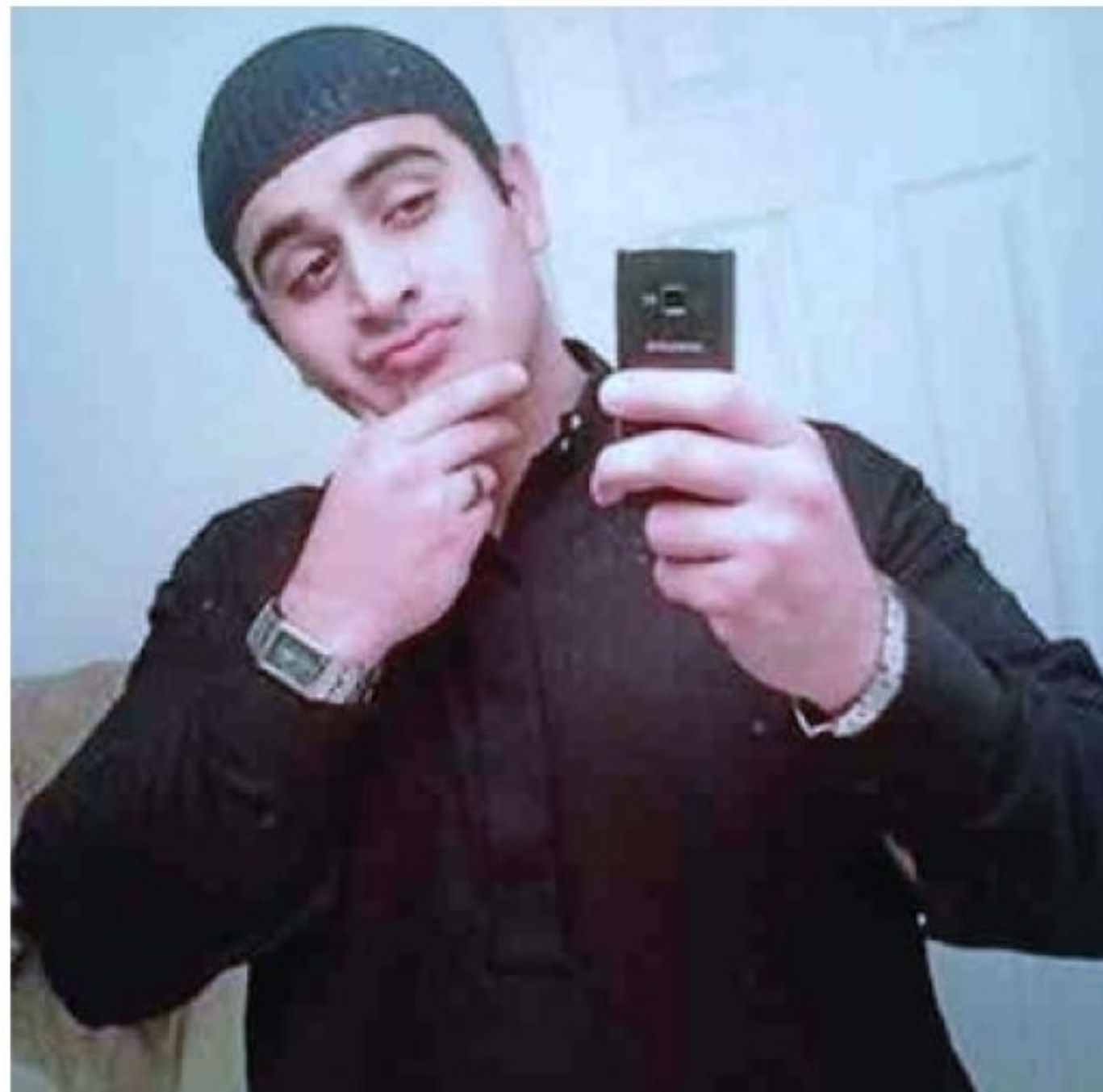
Whatever motivation may emerge for the Sunday morning slaughter at a gay nightclub in Orlando, Fla., should be viewed with skepticism, an expert in mass shootings says.

Adam Lankford, a criminal justice professor at the University of Alabama, says underlying mental-health issues typically drive such murders, with any ideological impetus being a grasped excuse to justify the carnage.

"There have been a lot of offenders in the past who claim an ideology," says Lankford, author of the 2013 book *The Myth of Martyrdom: What Really Drives Suicide Bombers, Rampage Shooters, and Other Self-Destructive Killers*. "But we don't really think that what they said is why they did it, or is the primary reason they did it."

The 29-year-old Mateen himself was killed by police, who soon described his rampage as a terrorist act. But his father, Mir Seddique, said his son may well have been driven by homophobic anger, having become enraged several months ago in Miami at the sight of two men kissing.

Lankford says there's a good



This image shows Omar Mateen, who authorities say killed dozens inside an Orlando nightclub on Sunday. MYSPACE/THE ASSOCIATED PRESS

chance Mateen will have left documents or internet postings that would make his purported motivations clear.

"So if what we're interested in is what this guy claims is the

reason for his attack, it's possible he'll give us the answer," he says.

"That's one answer, but then the broader thing is, once we hear this person claims a motive or doesn't, to what degree should we believe him?"

Lankford says his book exposed "case after case after case" of killers who professed

that Islamic fundamentalism was behind their carnage, but they "really seemed to care more about some combination of killing others and killing themselves," he says.

"The ideology in their case was really kind of a mask. It was their way of framing themselves as martyrs or heroes in their perspective." TORSTAR NEWS SERVICE

“It was their way of framing themselves as martyrs or heroes in their perspective. Adam Lankford

Clinics overwhelmed by blood donations

Hundreds lined up to give blood Sunday in Orlando to help the victims of the massacre, but major restrictions remain for gay men wanting to give blood themselves.

The response overwhelmed OneBlood donation centres, where officials asked donors to make appointments and continue donating over the next several days.

While many Facebook and Twitter posts from individuals and at least one gay advocacy group in Florida said no one would be turned away and all blood would be screened, OneBlood denied any change



Rob Spatz gives blood in Orlando on Sunday. THE ASSOCIATED PRESS

in policy.

"All FDA guidelines remain in effect for blood donation. There

are false reports circulating that FDA rules were being lifted. Not true," OneBlood tweeted.

In December, the Food and Drug Administration lifted a three-decade-old ban on blood donations from gay and bisexual men. But the lifetime ban was replaced with a new policy barring donations from men who have had sex with a man in the previous year.

The new policy brought the U.S. in line with Australia, Japan, the U.K. and other countries, and researchers said it could slightly increase the U.S. blood supply. Gay rights activists said it still perpetuated negative stereotypes dating to the beginning of the AIDS crisis.

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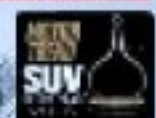
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The world grieves

People in cities around the globe respond in solidarity and support after at least 50 were killed and dozens more injured, when a gunman opened fire inside a nightclub in Orlando.

Jacksonville

Ricky Garcia hugs his husband Matthew Shriver at the conclusion of Sunday evening's vigil in Memorial Park. Several hundred members of Jacksonville's LGBT community and supporters came out for a vigil.

BOB SELF/THE FLORIDA TIMES-UNION
VIA THE ASSOCIATED PRESS



Paris

Members of the gay community gather for a vigil near the Beaubourg Art Center in downtown Paris on Sunday to mourn for victims of the mass shooting.



Toronto

Several hundred people in the LGBT community held a candlelight rally at Barbara Hall Park to show support.



Manhattan

The Manhattan Municipal Building is lit in the rainbow colours in New York.

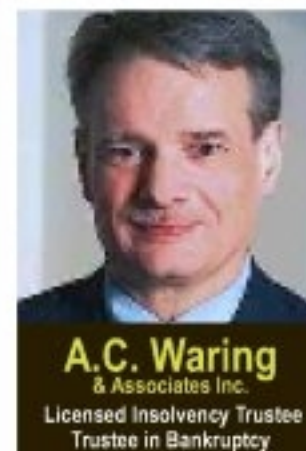
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6	2	3	4	8	5	1	9	7
5	3	7	8	6	4	9	2	1
1	9	2	5	3	7	4	8	6
8	4	6	2	9	1	3	7	5
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VOICES FROM CANADA'S LGBT COMMUNITY

Coast-to-coast outrage

Metro sought out reaction to the Orlando massacre from prominent LGBT advocates in Halifax, Ottawa, Toronto, Winnipeg, Calgary, Edmonton and Vancouver. Their shock was palpable, as was their resolve to unite their communities around the tragedy, which saw 50 people killed and more than 50 others injured. **Here's what some of them said.**

'My heart goes out to the victims. Our community has suffered a tremendous loss. We must stand together.'

ELLEN PAGE, HALIFAX, ACTRESS AND LGBT ACTIVIST, (VIA TWITTER)



'The injury to an LGBT person is an injury to all of us. I'm tired that we're having to deal with this kind of hatred again.'

EL-FAROUK KHAKI, TORONTO, FOUNDER, LGBT-FRIENDLY UNITY MOSQUE

'This is an extreme act of violence targeting not just individuals but an entire community, to eradicate a community.'

KRIS WELLS, EDMONTON, INSTITUTE OF SEXUAL MINORITY STUDIES, UNIVERSITY OF ALBERTA



'This guy is a reflection of that five per cent of society who are bigots ... He didn't have the ability to raise a moral army, so instead he picked up a gun.'

MORGANE OGER, VANCOUVER, CHAIR, TRANS ALLIANCE SOCIETY OF B.C.

'The more we point fingers, the more we will become further divided. We need to reunite and remember the people who lost their lives.'

NOLAN HILL, CALGARY, LGBT ACTIVIST WHO ORGANIZED A VIGIL THE CITY'S OLYMPIC PLAZA



ROSEMARY WESTWOOD

Orlando's meaning depends on which echo chamber you live in

The bloodiest mass shooting in U.S. history has sent the country into shock. But the reaction was set in stone long before the first bullet was fired.

After a single man massacred 50 people at a downtown gay club, Orlando, Fla., "tragically sits atop a list of infamy, sharing the sorrow of Virginia Tech, Newtown, Conn., and Aurora, Colo.," to quote the Orlando Sentinel newspaper. These sites of mass shootings are a new category of American city to which none aspires, and that are inevitably used as shorthand for conflicting beliefs.

"Liberals are going to scream gun control and Republicans are going to scream terrorism," my American fiancé told me. I had called him and his parents in the wake of news, as play-by-play coverage of the investigation and fallout rolled across American media.

"Mass shootings are the Rorschach test," he said. "Whatever you want to see in America, you see your issue in it. They get bigger and bigger. It's an epidemic, and whatever you think the cure is, the epidemic just proves it."

That isn't to say such issues — be it terrorism, gun control, LGBT hatred or mental health — are baseless. The gunman, Omar Mateen, did reportedly claim allegiance to Daesh in a 911 call before the attack, and Daesh has claimed respon-

sibility. (Whether Mateen had any "direct link" to Daesh, or was simply inspired, remains unclear, The New York Times reported). Mateen reportedly acquired both the handgun and a long gun used in the attack legally. Mateen's father said that Mateen was recently greatly upset at seeing two men kissing. And who wouldn't wonder about the mental health of a mass murderer?

But the rush to diagnose outpaces the rush to understand because doing so lets us box the problem away, requiring no further thought, or even nuance. In this way we preclude any real progress toward preventing violence, and saving lives.

The right dismisses the left, and the left does the same, and the echo chambers increase hatred and violence as we skip straight to blame, noted my future father-in-law.

And what of the slain? As their names are slowly released, they battle with "terrorism" and "guns" for headline space, and our attention.

"We need to support each other, we need to love each other, and we will not be defined by a hateful shooter," said Buddy Dyer, Orlando's mayor.

The city might achieve that goal in practice, but the symbolism of its name has been set. And the nation was defined by the shooter before he took a single shot.

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Some parents are using the publicity surrounding the sentencing of former Stanford student Brock Turner, seen above, to talk to their own children about sexual misconduct.

THE ASSOCIATED PRESS FILE

How to talk about consent

ANALYSIS

It's never too early to teach kids about healthy sexuality

When a relative swoops in for an unwanted hug, Todd Minerson's kids don't grin and bear it.

"I teach my kids now, if you don't want to hug grandpa today, that's OK," said Minerson, a father to a 10-year-old boy and a 5-year-old girl and executive director of White Ribbon, an organization promoting gender equality and challenging harmful ideas of masculinity. "That's (their) choice and he's going to respect that."

How to teach children about consent is one of the teachable moments sexual health educators are hoping to come from outrage over details in the Stanford University swimmer sexual assault case — in which a jury in March convicted student athlete Brock Turner, 20, of sexually assaulting an unconscious woman by a dumpster last year. That outrage intensified last week as the victim's impassioned letter spread online, along with Turner's father's in-court comments about "20-minutes-of-action" not warranting his son's six-month jail sentence.

Parents need to talk to their children about consent, healthy sexuality and about taking re-

sponsibility when they cause harm, educators say.

"It starts from birth," said Lyba Spring, Toronto sexual health educator, explaining that as babies, parents should use a gentle, loving touch with their child. As he or she grows, the parent should teach the dictionary names of all body parts, tell the child that touching oneself is OK but should be done in private, and help the child practise saying a big, affirmative "Yes."

Parents also must respect their child's "Nos." If a child doesn't want to be picked up, tickled or hugged, parents must accept that, said Spring.

The message needs to be clear: your body is your own, she said.

As children get older and conversations turn to sex, the message should evolve and include the three prerequisites for any sexual interaction: consent, safety and pleasure, said Spring. She tells students "sub-

stances and sexual activity are a bad mix," though it's one thing to be buzzed and another to be incapacitated — an unconscious person can't legally consent to sexual activity under the Canadian criminal code. If consent isn't clearly there, "You stop on a dime," she said.

But educators and anti-violence advocates admit even they have trouble answering tough questions about the nitty-gritty of consent.

"Nuance is hard," said Minerson. "There are a thousand different scenarios that in real life people could find themselves in. And they need to have the principles and strategies to figure them out themselves."

When working with groups of boys whose questions start going down a rabbit hole, Minerson comes back to the hallmark questions of consent: Is it affirmative? Is it enthusiastic? Is it ongoing?

"If you hear an answer that's anything but enthusiastically affirmative, it's not OK," he said.

Some educators say there's no difference between teaching consent to boys versus teaching it to girls.

But Minerson said that although the mechanics may be the same for both sexes, the context is sometimes different. Men need to know they need to ask for consent, and women need to know it's OK to say "no" and that "no" needs to be respected, he said.

TORSTAR NEWS SERVICE



If you hear an answer that's anything but enthusiastically affirmative, it's not OK

Todd Minerson, executive director of White Ribbon on consent

MURDER-SUICIDE

Grimmie attack was planned

A gunman who shot and killed a singer who rose to fame after appearing on *The Voice* travelled to Orlando from another Florida city specifically to attack her and then fatally shot himself, authorities said Saturday.

Orlando Police Chief John Mina said at a news conference that the suspect, identified as 27-year-old Kevin Loibl of St. Petersburg, Florida, didn't appear to know Christina Grimmie personally. Grimmie was shot to death after giving a concert in Orlando on Friday night. She died early Saturday.

"She was doing a meet-and-greet, just signing autographs and selling merchandise. This white male approached her and opened fire, striking her," Mina said.

"We believe he came here to commit this crime."

The 22-year-old singer from New Jersey finished third during season six of NBC's *The Voice* in 2014, competing on the team of Maroon 5 star Adam Levine. She began amassing a following on YouTube as a teenager, gripping online viewers with her powerful renditions of hit songs.

In an earlier statement, police said Grimmie had performed with the band Before You Exit at The Plaza Live in Orlando. The concert ended around 10 p.m., and Grimmie was shot as she signed autographs for fans at a merchandise table in The Plaza Live concert venue.

Grimmie's brother, Marcus, immediately tackled the gunman, who then shot and killed himself during the struggle, police said. They credited the singer's brother with preventing the gunman from hurting others. Around 120 others were in The



Christina Grimmie was shot as she signed autographs for fans at a merchandise table. THE ASSOCIATED PRESS FILE

Plaza Live at the time.

"Very heroic actions by Marcus Grimmie to jump in and it definitely could have prevented further loss of life," Mina said.

After the concert, 17-year-old Kaitlin Martin was standing with a group of other fans outside The Plaza Live, waiting for members of Before You Exit to come out,

when she heard several loud "pops."

"We thought at first they were balloons ... but then security started running all over the place yelling at people to get out because someone has a gun and someone is shooting. Everyone is just running all over the place," said Martin, who travelled to see to the concert from Brunswick, Georgia. "It was chaos."

Martin said she was unsettled knowing the suspect had watched the concert in the same audience she was in.

"This person was in the crowd with us, and while we were singing, having a great time, he was there with different intentions," she said.

THE ASSOCIATED PRESS

Can schools keep up with job market?

CHILDREN'S EDUCATION

System creating skills mismatch: Economist

Jennifer Wells

Torstar News Service

"God, there's a lot."

That's economist Craig Alexander exhaling deeply in an interview about the labour market. It's not an expression of exasperation about the latest labour force survey from Statistics Canada, in which we see a relatively flat job market and the ongoing structural adjustment to lower energy prices. But the substantive issues that lie behind the changing profile of the labour market and our readiness for the future demands of work. Education, by example.

"The global labour market is evolving quicker than our institutions seem to be able to change," Alexander says. "So as the labour market changes and skills demand change, the education system doesn't actually change the way it's delivering



Economist Craig Alexander says we need to encourage more entrepreneurship among our young people. NICK KOZAK/TORSTAR NEWS SERVICE FILE PHOTO

that education, or the outcomes our kids are experiencing. As a consequence you fall behind and you fall behind and you fall behind until there's a feeling that there's a crisis that needs to be dealt with and you get some policy action."

Alexander is vice-president of economic analysis at the C.

D. Howe Institute and ex of the TD Bank, so he's lived the life of monitoring financial market responses to statistical data. But today he's wondering about high school guidance programs that appear ill-prepared to help students make informed decisions as to what programs to take in university. Parents about to send

their daughters and sons off to their first-ever university experience this fall can no doubt relate.

(In our own household, the Grade 9 Careers course was an utter waste of time. Perhaps your own experience has been different.)

Alexander has worked up a chart, as you might expect. He

There are a lot of things we should be doing to improve the education system to help our students be better prepared before they even go into the post-secondary system

Craig Alexander

charted graduate rates by discipline — "How many students are going through the university system and graduating with a general arts degree and what percentage are coming out with degrees in engineering, math, sciences. If you compare the graph of what kids are studying in university with a graph that shows employment rates by graduation, they're inverted."

Those who have followed labour force mismatches have known this for some time.

"I think (the education system) has fallen very far behind where we need it to be for the labour force in the 21st century," Alexander continues. "Their structures and their programs are often delivering the experience that students needed in, for example, the nineties, not what they need today."

We could talk about financial

literacy for days. More than four years ago Ontario's Ministry of Education adopted a strategy of weaving financial literacy into the curricula for students in Grades 4 to 12. Entrepreneurism — a vital focus, in Alexander's view — is knitted into the introduction to business courses in high school, electives in Grades 9 and 10, and standalone courses in Grades 11 and 12.

"We need to encourage more entrepreneurship among our young people," Alexander says. And offer expanded apprenticeships and co-op programs. And place an enhanced focus on literacy. "If you don't have strong literacy and numeracy skills going in to university, you often won't have them when you come out of university. I think employers have been very clear about the fact that they want work-ready employees."

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WHY I LIKE MY JOB

Debby Sousa, 39, Medical Lab Technician, Cytology Department - LifeLabs, Toronto

My leap into the health care industry was a career change I'll never regret. I was laid off during the recession in 2008 and decided to enrol in the medical technician program at the Algonquin Career Academy. The program offered a six-week placement in a health care setting, which led to my full time position at LifeLabs.

As a cytology technician, my job is to collect and accurately process patient specimens, which are small clusters of cells from tissue or body fluids. Essentially, I serve as the bridge between physicians and medical technologists, properly labelling and distributing patient vials while additionally assisting with specimen processing for the analysis and microscopic screening of cancer cells.

I am proud of my role in patient care. It's very fulfilling, and I enjoy being able to provide the best possible service for patients, fellow technicians and health care providers. The job requires impeccable attention to detail since it's such a vital service to the health care system. Most of all, I love being able to work with a diverse team that supports one another, encourages professional growth, and makes each day fun and unique.



THE BASICS: Medical Assistant

\$38,664

Median salary of entry-level medical lab technicians. Advanced professionals in this line of work can earn upwards of **\$60,000** annually.

+15%

The amount of growth expected in this field over the next 8 years.

Data for this feature was provided by payscale.com, service-canada.gc.ca, trade-schools.ca and onetonline.org.

HOW TO START

Most post-secondary diploma or certificate programs span six to 14 months, with a direct focus on the pre-analysis components of medical lab duties. After graduation, students will typically gain hands-on laboratory experience in medical sample collection and preparation, equipment maintenance and basic laboratory testing.

WHERE YOU CAN GO

A qualified medical laboratory technician can expect to find work in several facilities, including walk-in clinics, hospitals, research labs, animal clinics and government departments. The onset of new illnesses – matched with the demand for more medical tests due to an aging population – has led to an increase in job prospects. Recent advances in medical equipment and technology have allowed physicians to order a much wider range of patient tests – creating more demand for qualified technicians.

NEXT CAREER STEP

A medical laboratory technician can pursue additional education and training to become a medical laboratory technologist, which typically detects and monitors medical conditions through performing diagnostic tests on specimens. A technician may also earn qualifications for advanced roles as a phlebotomist, echocardiography technologist or cardiology technologist.



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JOHANNA SCHNELLER **WHAT I'M WATCHING**

Satan needs to update his aesthetic

THE SHOW: *Outcast*, Season 1, Episode 4
THE MOMENT: The demon's logic

Reverend Anderson (Philip Glenister), an exorcist in Cornpone, West Virginia (not the town's name, but it might as well be), believes he exorcised a demon two years ago from his parishioner, Mildred (Grace Zabriskie). But Kyle (Patrick Fugit), the Rev's new exorcist partner, thinks that either the demon has returned, or never left.

Sure enough, Anderson visits Mildred, and she's possessed. "What if we like who we become?" she taunts him. "What if it works better for us this way?"

"How can it be better to hurt the people who love you, leave a hole in their soul?" he sputters.

"Holes can be filled," she scary-smiles. "There's room inside a human soul for more than love, more than God. Something that fills it in ways you haven't imagined."

This is why I hate demon



Kyle (Patrick Fugit) is Reverend Anderson's new, astute exorcist partner in *Outcast*. CONTRIBUTED

shows. (Though between this, *Preacher*, *Lucifer*, the recently canned *Damien*, the new film *The Conjuring 2*, and the upcoming series *The Exorcist*, the *Lord of Hellfire* is, um, hot.)

If Satan is so powerful, why does he mess around, as he does here, with one demon at a time, making a small-town mum hurt her son, and another son hurt his mum? Why not possess every world leader and military com-

mander instead? Or hey, just possess everyone and be done with it?

Plus, I've had it with all the screaming children, contorted limbs and ominous raven. A renovation show should possess Satan, and update his aesthetic.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

HOGAN LAWSUIT

Ziff Davis to buy bankrupt Gawker

Gawker is filing for bankruptcy protection and will sell itself rather than pay \$140 million to pro wrestler Hulk Hogan.

The company says it plans to sell itself to publishing company Ziff Davis.

Gawker filed for Chapter 11 bankruptcy protection, about three months after Hogan won a lawsuit against the online gossip and news publisher. The sale will be conducted through bankruptcy court so other bidders could emerge.

The New York company said in the filing that it has as much as \$500 million in debt and up to \$100 million in assets.

Hogan sued Gawker after it posted a video of him having sex with a friend's wife. Hogan was awarded \$115 million in compensatory damages plus an added \$25.1 million in punitive damages. It was later revealed that

billionaire tech investor Peter Thiel had been secretly funding Hogan's lawsuit.

Thiel, who co-founded PayPal and was an early investor in Facebook, has been a frequent target of Gawker writers, who have written unflattering pieces about Thiel's political beliefs and utopian goals.



Hulk Hogan testifies in court during his trial against Gawker Media. Hogan won a \$140 million suit against the company.

GETTY IMAGES

One 2007 post outed Thiel as gay. Another Gawker site, Valleywag, ran a number of stories skewering Facebook, which provided a big chunk of Thiel's estimated \$2.7 billion fortune.

A spokesman for Thiel said he had no comment on Friday. In the filing, Hogan, whose

real name is Terry Bollea, was listed as Gawker's biggest creditor.

Gawker founder Nick Denton said in a statement that Ziff Davis' e-commerce, licensing and video assets would be a good fit with Gawker's websites.

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Keeping up with the Joneses is futile

SHOPPING

There are better ways to be happy than materialism

Gail Vaz-Oxlade
For Metro Canada



Our willingness to exchange our life energy for stuff has become so acceptable that we don't even perceive it to be a problem. Why else would folks who have no money in an emergency fund, or nothing saved for the future, think it's OK to drop \$5 for a cup of coffee or \$200 on a new pair of shoes? Why do we celebrate shopping by lining up for hours to acquire the latest doodad or get the "best deal"? Why are we so much more willing to admire a person's outsides than their insides?

Do you really think that stuff defines who you are to the people around you? Do you really want those people around you — people who are unable or unwilling to know YOU, but perfectly happy to judge your stuff? Really?

Once upon a time we could assume that a couple with a nice house, a snappy car and cool clothes had their financial lives together. But the proliferation of credit has skewed the picture. I was having dinner with a friend recently who said, "I make more than my neighbours and they have way nicer stuff than I do. How come?" I asked if she had any debt. She said all she had was a mortgage.

"Rest assured," I said. "Those neighbours with all the nicer stuff have way more debt than you do."

Until folks recognize that their stuff does not define them are always going to have to keep buying more stuff. So much stuff that they'll actually have to go out and buy more space to keep all their great stuff.

The flip side of this is recognizing that "doing" does more for you than "having." The more time you spend reading, knitting, cooking, visiting, playing, laughing, dancing, preserving, creating, the more accomplished you will feel and the richer your life will be regardless of what your stuff looks like.

Learn something new and feel the pleasure ooze through you. Practise to become more



Metro columnist Gail Vaz-Oxlade says activities will enrich your life more than new possessions will. ISTOCK

proficient and bathe in a sense of real accomplishment. Focus on the things you are doing — as opposed to rushing through them so you have time to go shopping — and watch those things become more meaningful to you.

“Rest assured, those neighbours with all the nicer stuff have way more debt than you do.”

Doing less with more intention not only brings more pleasure in the doing, it reduces your desire to acquire because you're so busy enjoying what you have. And if you don't get everything done in a whirlwind of activity that

means you have something wonderful you can look forward to doing tomorrow.

Slow down. Savour. Share. You are what you do with your life, not what you have. The shiniest pots and the sharpest knives don't make you a wonderful cook. Sure there's the thrill of acquisition and first few uses. But it is the cooking, and sharing the cooking, challenging yourself with new recipes and experiment with new ingredients, that will bring joy to your cooking experience and your life.

Swap delirious want for joyful doing and it won't really matter what your stuff looks like, or who comments on it, because you'll be so happy you'll just blow off their shallowness and superficiality.

For more money advice, visit Gail's website at gailvazoxlade.com

COMMERCE

E-shopping drives shipping boom

Retailers might be struggling to lure shoppers through their doors because consumers are too busy ordering online. But shippers aren't complaining.

Demand for parcel delivery keeps rising, and even companies like DHL Express Canada, which specializes in overseas deliveries, are seeing an increase in shipments.

"The business is growing dramatically in Canada. We are quite bullish on Canada," said DHL Express Canada president Andrew Williams, who declined to share detailed sales figures but said company revenues here have grown at about 15 per cent a year in the past two years.

The company, which is owned by Deutsche Post DHL, will open a retail store at the Scarborough Town Centre in July. In Toronto this fall, the company is also looking to add Packstations, giant yellow lockers where consumers can collect parcels at any time — a common sight in Europe.

Williams said the key is flexibility, so consumers have the option to have an item delivered to their home, office or even a neighbour, or to a Packstation.

Craig Calvert, director of customer solutions at UPS Canada, agrees that consumers want choice, with control over delivery including dates and times.

"Maybe you ordered an item online and you notice it's going to be delivered on Friday, and you're planning a getaway for the long weekend. You can change the date for delivery from your phone, computer or tablet," Calvert said.

Even Canada Post, which is grappling with a steep decline in letters and bills, credits the parcel business for helping to generate profits in the first quarter.

The Crown corporation opened a "post office of the future" concept in Richmond Hill last October, which will roll out in other cities soon including Edmonton and Vancouver. It includes drive-thru parcel pick-up and a fitting room to try on items purchased online.

"If it fits, wonderful, you take it home," said Danielle Doiron, Canada Post's director of parcels market development. "If it doesn't, you return it right away."

TORSTAR NEWS SERVICE

\$ THE FUTURE

High for drugs

There's been much buzz about Amazon's plans to deliver goods by drone. DHL has also been testing drone delivery in some remote mountainous regions of Germany for high-value goods like prescription drugs.

Magical groceries

In Sweden, courier company PostNord and supermarket chain ICA AB are testing this service a straight-to-the-fridge grocery delivery service for 20 households in Stockholm. The key is an add-on lock that messengers — who promise to take their shoes off — can open with a smartphone.

Digital paperboy

The New York Times has teamed up with a meal delivery startup called Chef'd to get exact ingredients to readers who want to try recipes featured on the NYT Cooking website.



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JOB STRATEGIES

Broaden work experience to match demand for health care

Izabela Szydlo

Technology and an aging Canadian population are key factors shaping the country's health-care-career landscape. However, says one health-care professional, those looking to make a living in the field must be willing to think past their city.

"I don't see any downside to moving into health because the demand is there," says Sandra Jardine, director of talent acquisition at Alberta Health Services and a registered nurse.

Opportunities in health care outside of major cities, where teams of professionals and facilities are smaller, says Jardine, actually serve to better equip health providers with the tools they need to serve the demands of a changing health-care system.

"In small communities you can get a depth and breadth of experience that you wouldn't get into a metropolitan hospital," she says.

"You can go, in a small centre, from labour and delivery to working with cancer patients to car accident victims. This better prepares you for the challenges you may encounter as you move up in your career. In health care there are so many options to ladder into management."

Aside from traditional roles such as nurse practitioners and physicians and positions such as health-care assistant, which will be in demand due to the aging population (for the first time ever, there are now more people in Canada age 65 and older than there are under age 15, according to Statistics Canada), Jardine says she expects health care will see growth in various other areas.

"The number of nurses entering practice in Canada, for the first time in 20 years, is less than regulated nurses who left their profession so that means there are many nurses retiring," she says. "But there is going to be growth in areas such as



Experts predict growth in such areas as diagnostics, and addiction and mental health. ISTOCK

addiction and mental health, which encompasses professionals such as psychologists, dietitians and occupational therapists. We'll also likely see growth in the diagnostic area

so that's radiology technicians and lab services."

Overall, says Jardine, Canada's health professionals will need to be equipped with technological knowledge as the

health care system becomes more computerized. That doesn't, however, mean that having academic knowledge and being technologically savvy will outweigh soft skills.

+ TOP 10 JOBS

Health care dominates 24 per cent of a 2011 Statistics Canada "Top 50 jobs in Canada" list. Here is the Top 10 within health care, by demand.

1. Nursing supervisor
2. Health policy specialist
3. Respiratory therapist
4. Health-care manager
5. Dental hygienist
6. Medical radiation technologist
7. Pharmacist
8. Nurse
9. Occupational therapist
10. Physiotherapist

"No matter where the demand occurs in health care, we are still looking for people who have a strong sense of ethics and values," says Jardine. "You will be dealing with people from many different backgrounds, both patients and colleagues, and you'll have to be a good communicator, and show compassion, empathy and respect."



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Sheila Hordal believes that every interaction has an impact, so she approaches each of her relationships with hope and empathy. And what better way to connect with others than with a loyal—and furry—friend at her side?

Read more about Sheila's story at MacEwan.ca/Sheila.





March of the Penguins leads to Stanley Cup

NHL PLAYOFFS

Pittsburgh wins hockey's greatest prize for fourth time

The Pittsburgh Penguins have come full circle to capture another Stanley Cup.

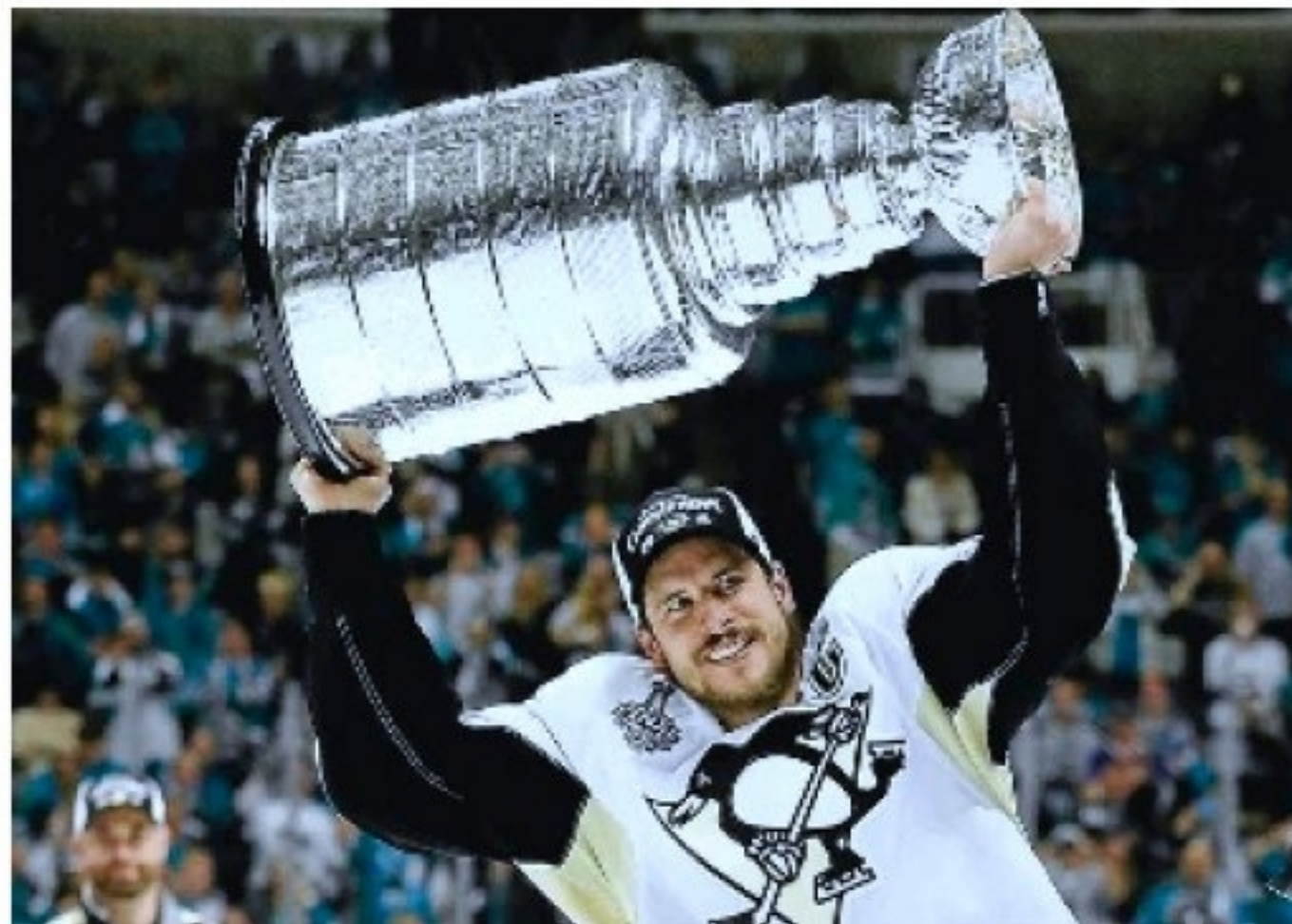
Exactly seven years to the day since their last Cup victory, the Penguins hoisted the game's greatest prize for the fourth time, beating the San Jose Sharks 3-1 in Game 6 at SAP Center on Sunday night.

The Penguins had 12 different scorers in the final, although Conn Smythe Trophy winner and team captain Sidney Crosby never had a goal.

Unheralded defenceman Brian Dumoulin opened the scoring in Game 6 on a power play, later joined on the scoresheet by Kris Letang, who scored the go-ahead goal and eventual game-winner.

Crosby had two assists in the Cup-clinching victory, including the setup of Letang as well as Patric Hornqvist's empty-netter.

Matt Murray, meanwhile, responded with a fine 18-save performance. The unexpected 22-year-old starter for the Penguins this spring matched the NHL record for wins in the post-season by a rookie



Penguins captain Sidney Crosby hoists the Stanley Cup after beating the Sharks 3-1 in Game 6 of the final in San Jose, Sunday. CHRISTIAN PETERSEN/GETTY IMAGES

goaltender (15), also improving to 6-0 in games that followed a loss.

Much like their last Stanley Cup win in 2009, when Dan Bylsma replaced Michel Therrien, the Penguins morphed into a different team after a mid-season coaching change. Pittsburgh was suddenly playing faster, scoring more and controlling the puck more

GAME 6 In San Jose



often after Mike Sullivan replaced Mike Johnston in mid-December.

"If anything, there's a lot of similarities. I think if you look at how we got here as far as a group and what happened," Crosby said before the final.

Crosby and Letang especially took off under Sullivan as did Phil Kessel, who soon became a feared creator of

offence on the team's third line and dominant post-season force. Sullivan's intention upon his promotion was to play to the strengths of the team's best players.

"Speed in all of its forms is what I envisioned with this group," Sullivan said during the final.

The Penguins went 33-16-5 after Sullivan took over, while sitting near the top of the league in puck possession. And indeed, their speed was evident all throughout the Cup final, both in terms of how quickly they moved the puck and their feet.

Kessel, who led the Penguins in post-season scoring with 22 points, was among the key additions made to the roster over the course of the last year, joined by Carl Hagelin (16 points in the playoffs), Nick Bonino (18 points), and Trevor Daley, among others.

"All those moves are important, they all add up and that's certainly a big one," Crosby said of the Kessel trade, which sent a package of prospects, picks and players to Toronto.

Despite not scoring, Crosby was a force throughout the final, especially early in the series and then again in Game 6. Crosby finished with four points (all assists) against the Sharks and 19 points in the playoffs. THE CANADIAN PRESS

NHL

Crosby fondly looks back on Howe

Sidney Crosby can't recall whether it happened during his first or second season in the league, but he remembers everything else about meeting Gordie Howe.

"Like anyone else, you don't even know what to say," Crosby said of his brief encounter with Howe.

Howe, also known as "Mr. Hockey," died Friday. He was 88.

Crosby described Howe as the ultimate role model, someone he was fortunate to have met.

The Pittsburgh Penguins captain remembers being struck by how kind and genuine Howe was.

"He's probably met so many people over the years, but I think for anyone who's met him, they'll tell you that he makes you feel pretty comfortable," Crosby said.

Like Wayne Gretzky, who has described Howe as his hockey idol, Crosby, too, was influenced by the longtime Red Wings great.

"When you think of hockey, that's who you think of, you think of Gordie Howe," Crosby said. "The way he played, the way he conducted himself, he's a role model for a lot of people, including myself."

THE CANADIAN PRESS



Gordie Howe
GETTY IMAGES FILE

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WHA	MA	ME	5	3	7	8	6	4	9	2	1
WHA	MA	ME	1	9	2	5	3	7	4	8	6
WHA	MA	ME	8	4	6	2	9	1	3	7	5
WHA	MA	ME	2	7	1	6	5	3	8	4	9
WHA	MA	ME	3	6	8	7	4	9	5	1	2
WHA	MA	ME	9	5	4	1	2	8	7	6	3

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GOLF

Henderson wins her first major title

Canadian Brooke Henderson beat top-ranked Lydia Ko with a birdie on the first hole of a playoff Sunday in the KPMG Women's PGA Championship after overcoming a three-shot deficit on the back nine.

The 18-year-old native of Smiths Falls, Ont., ranked No. 4 in the world, closed with a bogey-free 6-under 65 — the best round of the week at Sahalee — to match Ko at 6-under 278. Ko finished with

a 67.

In the playoff on the par-4 18th, Henderson hit her second shot from 155 yards to three feet, while Ko's second from farther back in the fairway left her with 20 feet. Ko missed to the left and Henderson tapped in to cap a week that started with a hole-in-one on her fourth hole of the tournament and ended with a major championship.

THE ASSOCIATED PRESS



Brooke Henderson poses with the trophy after winning the KPMG Women's PGA Championship on Sunday in Sammamish, Wash. JEFF GROSS/GETTY IMAGES

Germans off on the right foot

EURO 2016
GROUP STAGE

**World Cup
2014 champs
beat Ukraine in
opening match**

Germany began its campaign to add the 2016 European Championship to its 2014 World Cup with a promising 2-0 victory over Ukraine on Sunday.

Shkodran Mustafi's header set Germany on its way to a win that was sealed by

GROUP C In Lille



substitute Bastian Schweinsteiger in the second minute of injury time, just two minutes after the midfielder had come on to the pitch.

The day's earlier matches both ended in 1-0 finals, with a wonder strike from Luka Modric seeing Croatia beat Turkey in a bruising encounter and Arkadiusz Milik scoring for Poland

25 metres

Luka Modric put in an early bid for goal of the tournament on Sunday as he strode forward into the path of a high clearance and sent a 25-metre shot past a diving Volkan Babacan into the Turkish net in Croatia's 1-0 win.



FRANCISCO LEONG/AFP/GETTY IMAGES



German centre back Jerome Boateng clears a ball off of Manuel Neuer's goal-line on Sunday in Lille, France. DENIS CHARLET/AFP/GETTY IMAGES

against Northern Ireland.

In the dying minutes of its match, Germany surged forward on the break and Mesut Ozil provided the perfect cross from the left flank for Schweinsteiger to hammer into the net.

"A Bastian Schweinsteiger is

worth his weight in gold," Germany coach Joachim Loew said.

Schweinsteiger, who suffered his second serious knee injury of the year in training on March 22 and hadn't played since, could barely believe the way his luck had turned.

"Incredible that something like this can happen, you can

only wish for it," he said.

There were similar feelings for Modric after he beat Volkan Babacan in the Turkey goal.

The Real Madrid midfielder wasn't aware that a Croatia fan had breached the stadium security and got onto the pitch to celebrate with the players.

"After scoring this kind of

+ MORE OPENERS

FRIDAY

France 2, Romania 1

SATURDAY

Switzerland 1, Albania 0

Wales 2, Slovakia 1

England 1, Russia 1

goal I didn't even notice at first," Modric said of the incident. "If he went on the pitch, he went with a really positive attitude."

Poland fully deserved its win over a Northern Ireland side that looked out of its depth.

Poland forward Robert Lewandowski, qualifying's top scorer, was marked out for large stretches of the game, but this created space for others and the attacking midfielder Milik scored the decider with a low shot in the 51st minute.

"This team is very experienced and we know that this was just only the first match," midfielder Grzegorz Krychowiak said through a translator. "In order to win the tournament, we cannot be satisfied with just three points tonight."

THE ASSOCIATED PRESS

MLB

Pitchers want in on home run derby

Cubs manager Joe Maddon is intrigued about having pitchers, including Chicago ace Jake Arrieta, compete in the All-Star Home Run Derby.

Giants ace Madison Bumgarner has said he would like to participate in the July 11 event at San Diego. Following his 8-2 win over the Atlanta Braves on Saturday night, Arrieta said he would want to match home-run power with Bumgarner.

"If he's in it, I want to be in it," Arrieta said after having two hits in the win.

Arrieta said swinging for the fences in the All-Star spotlight "would probably be the most adrenalin I would ever have."

Maddon said Sunday he would not be worried about Arrieta getting hurt but stopped short of endorsing the idea on behalf of the team. "That's above my pay grade, right there," he said.

Still, Maddon became more enthused about the idea as he mentioned Zack Greinke, Clayton Kershaw, Jacob deGrom and Bartolo Colon as other possible NL pitchers who could compete.

"I think it would be interesting," Maddon said. "It might even be more interesting than the regulars."

Maddon said a home-run competition for pitchers would have



Jake Arrieta GETTY IMAGES

to be "a toned-down version" with fewer swings.

"Well, he's strong, man," said Maddon of Arrieta. "Real strong. Bumgarner has got a great swing, though. I watched. Jake is good but Bumgarner is really loose and free and easy with his approach."

St. Louis pitcher Adam Wainwright used his Twitter account on Sunday to state his interest in joining the fun - if there is an opportunity.

"Well, if Madbum and @JArrieta34 want in on this #homerunderby...I might as well throw my name in the hat!" Wainwright tweeted.

THE ASSOCIATED PRESS



MLB JAYS SURVIVE O'S SURGE Ezequiel Carrera makes a catch on the Orioles' Pedro Alvarez in the ninth inning Sunday to help the Blue Jays hold on for a 10-9 win. Toronto moved 2-1/2 games back of AL East-leading Baltimore with the win. BERNARD WEIL/TORSTAR NEWS SERVICE

IN BRIEF

Green banned for possible Warriors clincher

Golden State star Draymond Green was suspended for Monday's Game 5 of the NBA Finals after the league assessed a Flagrant 1 foul from his scuffle with Cleveland's LeBron James.

A statement said Green "made unnecessary contact with a retaliatory swipe of his hand to the groin" of James.

THE ASSOCIATED PRESS

Cam carrying on with life

Cam Newton may not be over the sting of losing the Super Bowl quite yet, but he's getting there.

At least the familiar smile has returned to the Carolina quarterback's face.

"Time cures all, right?" the NFL MVP said Friday. "Having an unbelievable team on the field as well as off the field makes everything better."

THE ASSOCIATED PRESS

Logano wins in Michigan

Joey Logano pulled away from the pack to win the FireKeepers Casino 400 in Brooklyn, Mich., becoming the 10th driver to win a NASCAR race this season.

The pole-sitter moved past rookie Chase Elliott on lap 153 Sunday and stayed ahead for the 15th Sprint Cup series victory of his career in the 15th race of the year.

THE ASSOCIATED PRESS

FORMULA ONE

Lewis can't lose in MTL

Lewis Hamilton seems to own the Canadian Grand Prix.

The Briton powered his Mercedes AMG to the chequered flag Sunday, holding off Sebastian Vettel's Ferrari over the final 32 laps to claim the race at Circuit Gilles Villeneuve for a second year in a row and the fifth time overall. The win leaves him



Lewis Hamilton GETTY IMAGES

only two short of Michael Schumacher's victories record at Circuit Gilles Villeneuve.

Opting to make one pit stop while Vettel made two proved to be the difference as Hamilton edged Vettel by five seconds in the 70-lap race.

"(Vettel) was so quick and it's great to see (Ferrari) are giving us a run for our money," said Hamilton. "I just happened to be on a one-stop strategy."

Valtteri Bottas brought his Williams in third for a second straight year. It was the Williams team's first podium finish of the year.

THE CANADIAN PRESS

RECIPE Panzanella

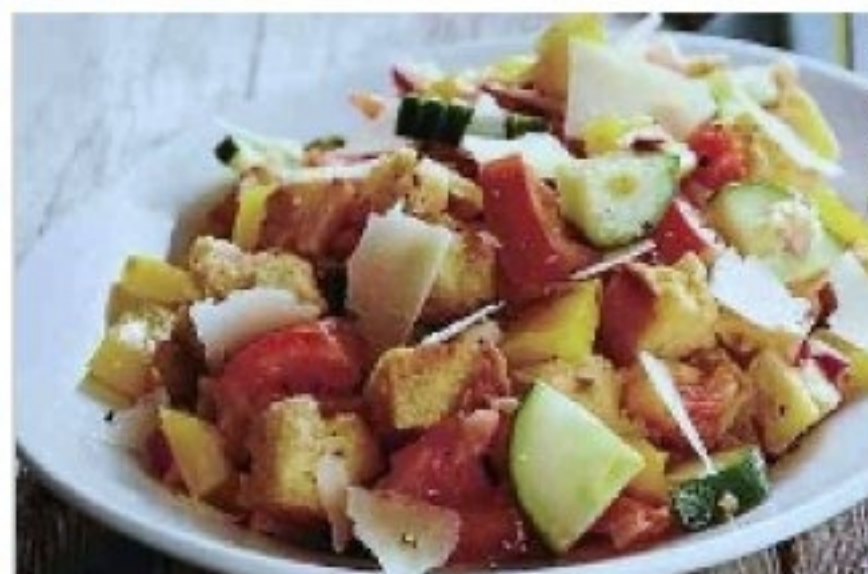


PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

• 1/2 cup or so of shaved Parmesan

Directions

1. Pour oil, vinegar, Dijon and salt and pepper into a small jar, place the lid on and shake well.

2. In a large salad bowl, toss together the bread, tomatoes, cucumber, pepper, onions, black olives and Parmesan.

3. Drizzle the salad with some dressing and toss, then repeat, giving the bread a chance to drink up the dressing. You want the bread to be moist but not drowned.

4. There will be more dressing than you need, but you'll need more than you'd use for a regular salad as the bread will drink it up.

This rustic salad is a revelation if you've never had the Tuscan summer classic. Get the best, preferably heirloom, tomatoes you can find for the best result.

Ready in

Prep time: 10 minutes
Cook time: 5 minutes

Ingredients

- 1 cup extra virgin olive oil
- 1/2 red wine vinegar
- 1/2 tablespoon Dijon mustard
- salt and pepper to taste
- 4 cups of slightly stale, crusty bread, cubed
- 4 tomatoes roughly chopped
- 1 cucumber peeled and roughly chopped
- 1 yellow pepper
- 1/2 red onion finely sliced or chopped
- 1/2 cup pitted black olives

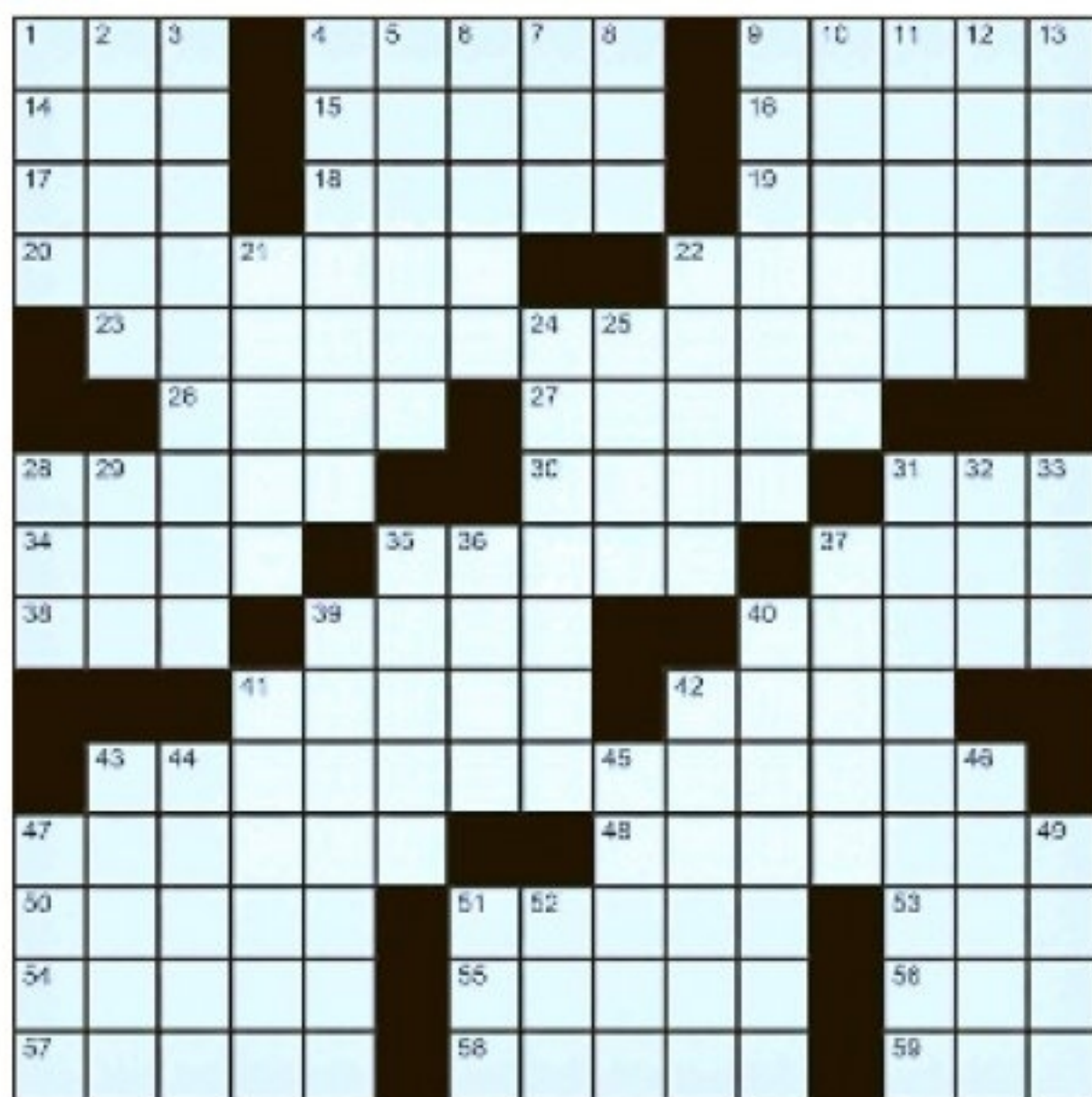
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Mr. McDonald, Science journalist who hosts #43-Across
- Be a war journalist inside a military unit
- Donald of Steely Dan
- Yore's 'before'
- 'All true!': 2 wds.
- Sheep-like
- Mr. Asner's
- Toast's border
- ...-r-t-i-o-n-i-s-t (Acrobat)
- Dog, when responding to a throwing-a-stick human
- Arizona city in "Get Back" by The Beatles
- Cultural attraction in Victoria, founded in 1886: 3 wds.
- Thurs. followers
- Montreal stop sign word
- Just joking: 2 wds.
- Some bar drinks
- Pussycat Dolls hit: "Don't _"
- Views
- Intelligent individuals institution
- Decked out
- Dept. head
- Streetside eatery
- Ray Charles' instrument
- Shindig
- Cottage's left-out garbage rummager
- Long-running CBC Radio One program about news in the world of science: word + symbol + word



- Radio dials
- Like the not-in-the-oven-yet tinfoil-wrapped potato
- Risky/complicated
- Picture
- Nightfall
- Brief beginning
- Ranked

- Fresh
- Dutch painter Jan
- Manicure board
- Sample

DOWN

- Gripe
- Harmony
- It's what the owners

- accept in a real estate bidding war: 2 wds
- Shackle
- Chef's mushrooms
- Little write-up
- '_' for Edmundston
- Sleuth [abbr.]
- Sharpens the

- image
- Shorebird with stilt-like legs
- TV-advertised knife set brand
- Insects sci.
- Arcade Fire album: 'Bible'
- Billy Ray _
- profit (Make

- money)
- '80s police series, " _ _ Lacey"
- Hosp. pictures
- 'Tour' suffix
- Positive opp.
- Character co-created by Canadian cartoonist Joe Shuster: 2 wds.
- Role for Harrison in '77
- Rumpus
- Targets
- Tiny amphibians
- Single-named American songstress
- CSNY song on 1970's 'Deja Vu': 2 wds.
- Broadcasting award since 1941 that says 'University of Georgia' on it
- Saint- _ et Miquelon (Islands in Atlantic Canada which belong to France)
- Lightly-hitting player at bats
- Mod fashion icon in 1960s Britain, Mary _
- Amalgamate
- Citation
- Lop
- 'Analyze _' (1999)
- Moist, as morning grass
- Prior
- Performer

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is an exciting, upbeat day for you! You will enjoy meeting new faces and seeing new places. Unexpected news might catch you off guard. (It's not a boring day.)

Taurus April 21 - May 21
Keep an eye on your finances, because they are unpredictable today. For example, you might find money or you might lose money. Likewise, guard your possessions against loss or theft.

Gemini May 22 - June 21
You feel impulsive and impetuous today! You easily might do something strange on a whim. Invite someone to share a good time with you, or accept unexpected invitations yourself.

Cancer June 22 - July 23
Some kind of hidden treasure might come your way today. If it does, be aware that this window of opportunity is brief, so you will have to act fast. Just say, "Yes!"

Leo July 24 - Aug. 23
You might meet an unusual character today who is intriguing. Or possibly, someone you already know will do something that amazes you. (People intrigue you today.)

Virgo Aug. 24 - Sept. 23
You might develop a crush on your boss or someone in a position of authority today. Or perhaps, this person will bestow a gift on you or do a favor for you. Fingers crossed!

Libra Sept. 24 - Oct. 23
Sudden opportunities to travel might fall in your lap today. Others might get an opportunity for further training or education. If so, act fast, because this opportunity won't last long.

Scorpio Oct. 24 - Nov. 22
Surprise gifts and goodies might come your way today, so be receptive to this. Do not hesitate. Accept what is offered, because you deserve it.

Sagittarius Nov. 23 - Dec. 21
A friend or partner might surprise you in a lovely way today. This is a great day to deal with others, even members of the general public. Expect to be pleased.

Capricorn Dec. 22 - Jan. 20
A surprise raise or praise from others will delight you today. You might also get a chance to make your workplace look more attractive.

Aquarius Jan. 21 - Feb. 19
A surprise invite to a fun event will please you today. Enjoy partying with others, especially with children.

Pisces Feb. 20 - March 20
You might spontaneously entertain at home today, even though it is not planned. Therefore, be prepared and stock the fridge.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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MIND PRICE

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